

SAMPLE CASE Study

Liza is a 30-year-old Social Worker who was first diagnosed with Rosacea in 1997. Her dermatologist has been using a topical antibiotic on a daily basis and taking oral antibiotics when she has flare ups. Liza is now interested in alternative methods of controlling her Rosacea that do not contain synthetics or involve taking oral antibiotics, especially since she is on birth control.

Liza has very fair and sensitive skin. She currently is using an Aveda cleanser to wash her face followed by an application of antibiotic cream and an Aveda moisturizer. She felt satisfied with the results of this routine so I decided to make her products that mirrored her current skin care regime. I prepared the following:

Facial Cleanser: to use each morning

Ingredients: Fragrant Earth's Cleansing Base to which I added Lavender Water and Rose Water as mild astringents, *Lavandula angustifolia* (Lavender) for its balancing action on the skin and ability to soothe inflamed tissue, *Salvia sclarea* (Clary sage) for its anti-inflammatory properties, *Myrtus communis* (Myrtle) for its antiseptic quality, *Vetiveria zizanioides* (Vetiver) to soothe the skin, and *Anthemis nobilis* (Roman Chamomile) for its soothing effects, especially on sensitive skin.

Antibiotic cream: I combined *Cupressus sempervirens* (Cypress) for its balancing effect on the skin, *Pelargonium graveolens* (Geranium) for its antiseptic qualities and ability to help balance the skin as well, *Citrus sinensis* (Orange) to help rejuvenate the skin, Lavender for its antibacterial quality, *Hyssopus officinalis* var. *decumbens* (Hyssop) for its wound healing properties, and *Citrus paradisi* (Grapefruit) to help tone the skin. I added this synergy to Fragrant Earth's Cream base that I had blended with Calendula oil, Jojoba oil and Rose hydrolat. Her moisturizer was made with the same cream base to which I added FE's Gel base, Lavender hydrolat, Rose hydrolat, Centella asiatica and Calendula oil.

RESULTS:

Liza was very happy with the results and feels that her skin has maintained well since she has been off of her prescription medication. She also likes the texture of the moisturizer and is very pleased with the face wash and antibacterial cream and would like to continue with the treatment to maintain her Rosacea.

On a side note, at the time of treatment, Liza was also diagnosed with Folliculitis, more prevalent under her left arm. Her dermatologist recommended a 30-day treatment of oral antibiotics. I voiced concern, not only because she was on birth control but also because we would not be able to get accurate results from the Rosacea treatment as antibiotics were also used to treat that condition. Liza agreed and I made her a gel to use on the rash. I combined the Gel base blended with Lavender hydrolat and Rose hydrolat to which I added Lavender, Sandalwood (*Santalum album*), Geranium, and Frankincense (*Boswellia carterii*), all of which have great antibacterial properties and are soothing to the skin. After a weeks use, she noted that the rash was almost gone and was excited that she didn't have to take the oral antibiotics.